

# RAKUEN TRANSLATIONS

STATUS: ONGOING  
TYPE: WEBCOMIC  
URASUNDAY

## 1 Danberu nan kiro moteru?

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URA SUNDAY  
COMICS  
SANDROVICH YABAKO  
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAPO41 CLEANER: PAPO41  
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAPO41  
[RakuenTranslations](#) [Ikebukurotranslations.blogspot.pe](#)







うん  
何持てる?







IF YOU TRAIN  
THE MUSCLES  
ESSENTIAL  
TO RUN,  
YOUR RESULTS  
SHOULD  
CHANGE.

YOU CAN'T  
TRANSFORM  
YOUR  
SKELETAL  
STRUCTURE,  
BUT  
YOU CAN  
DEVELOP  
YOUR  
MUSCLES.

WELL,  
DON'T BE  
SO SURE  
ABOUT  
THAT.

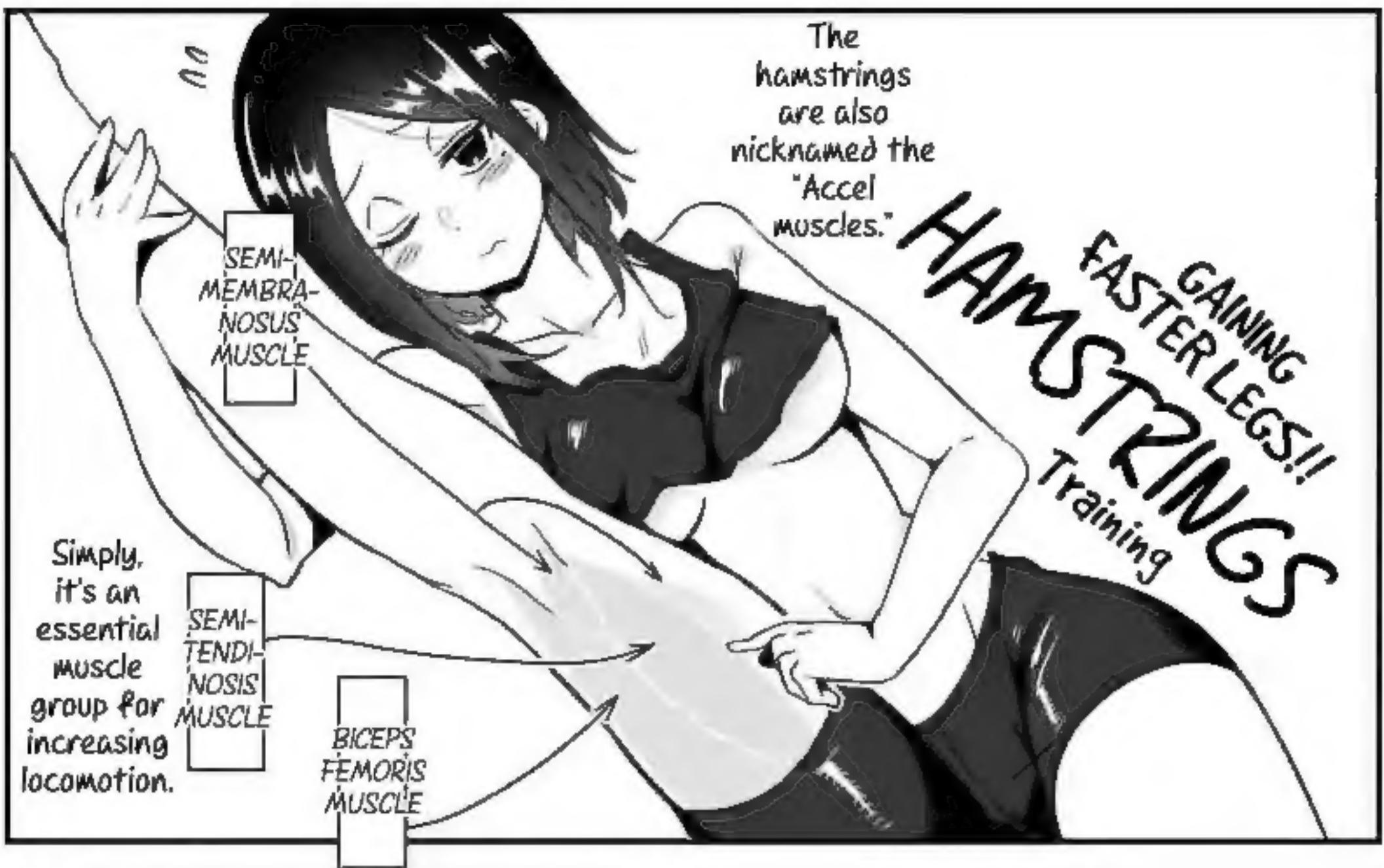
LET'S  
SEE...  
FOR A  
CON-  
CRETE  
EXAM-  
PLE...

SO THE  
LOWER BODY  
MUSCLES ARE  
IMPORTANT?

II SEE...

THE HAM-  
STRINGS!

THE REALLY  
ESSENTIAL  
MUSCLE  
WOULD  
BE---

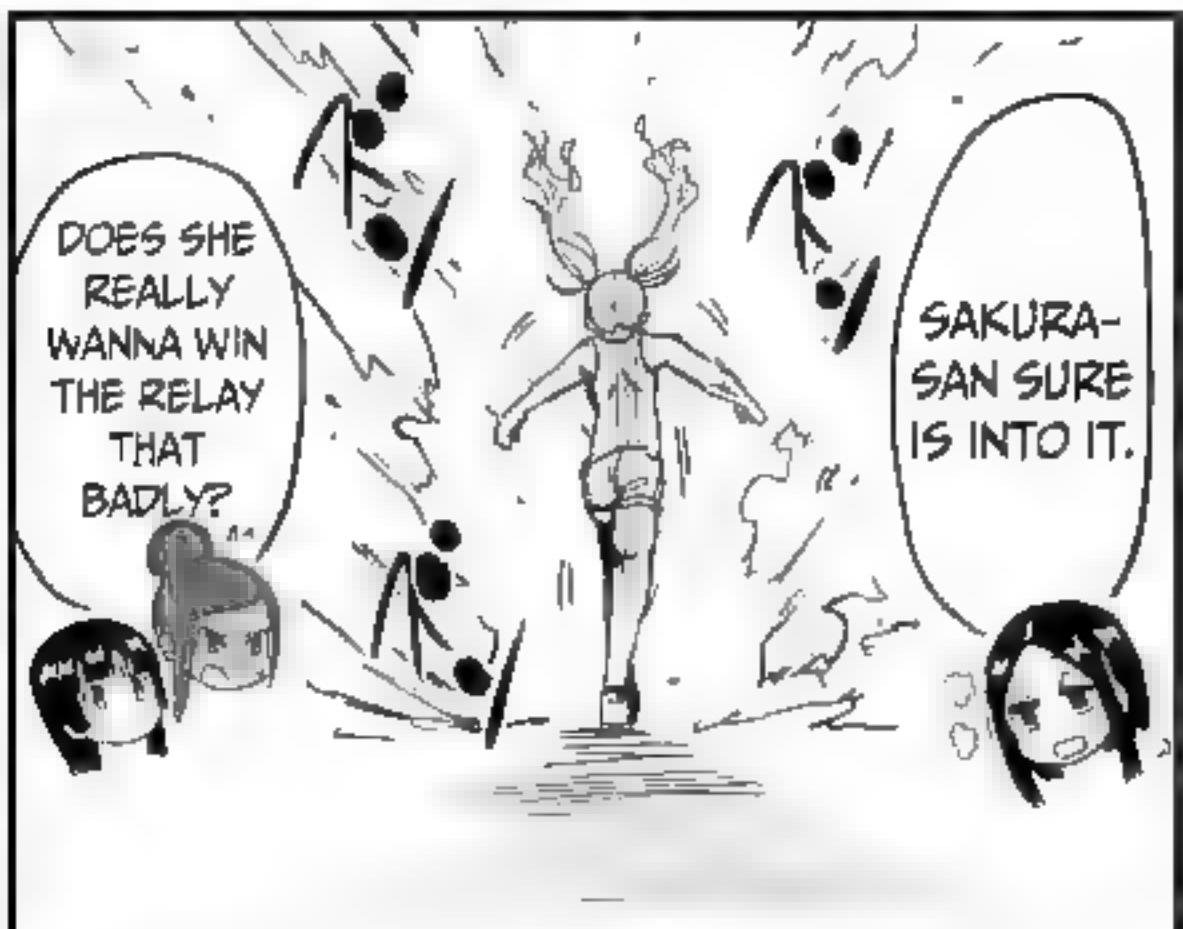


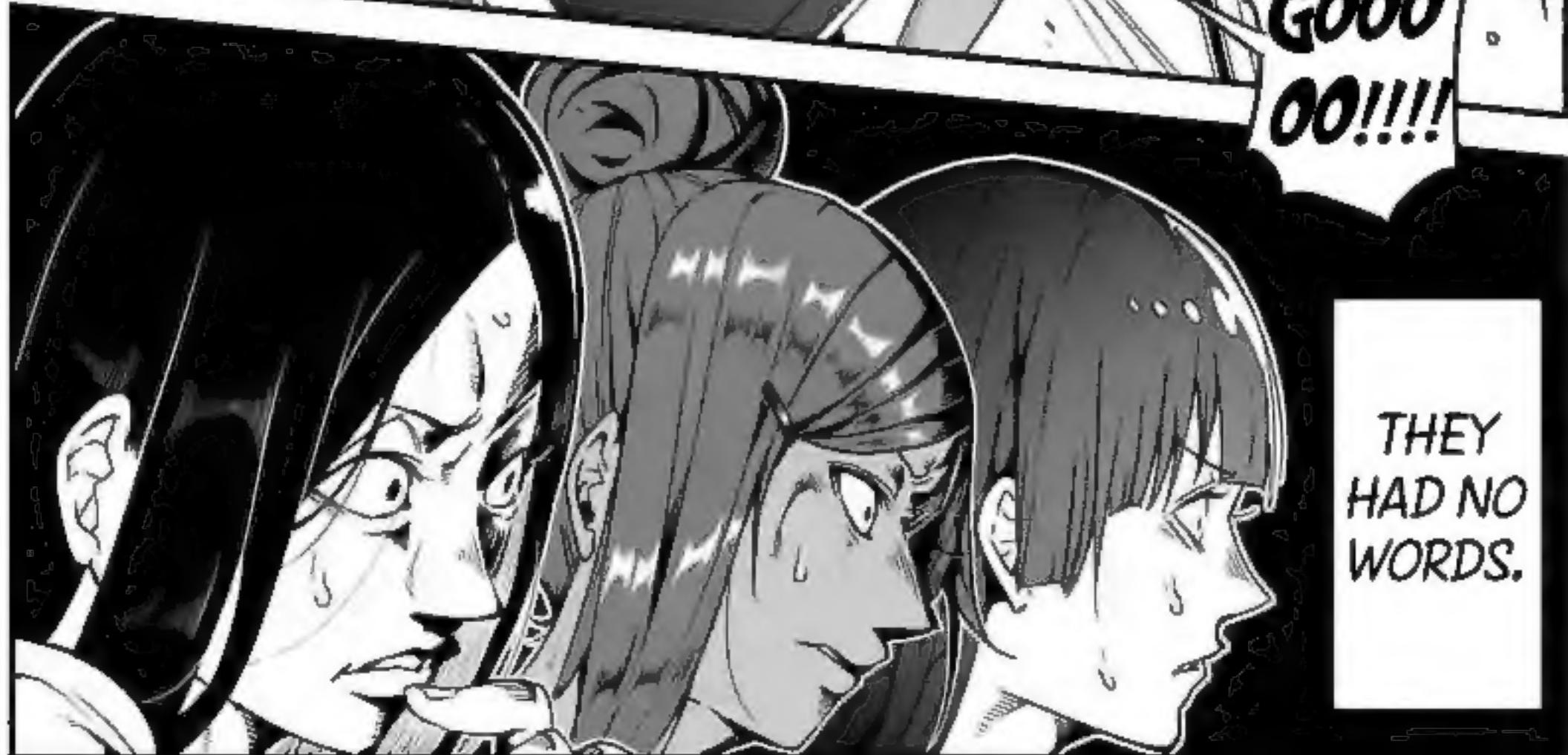




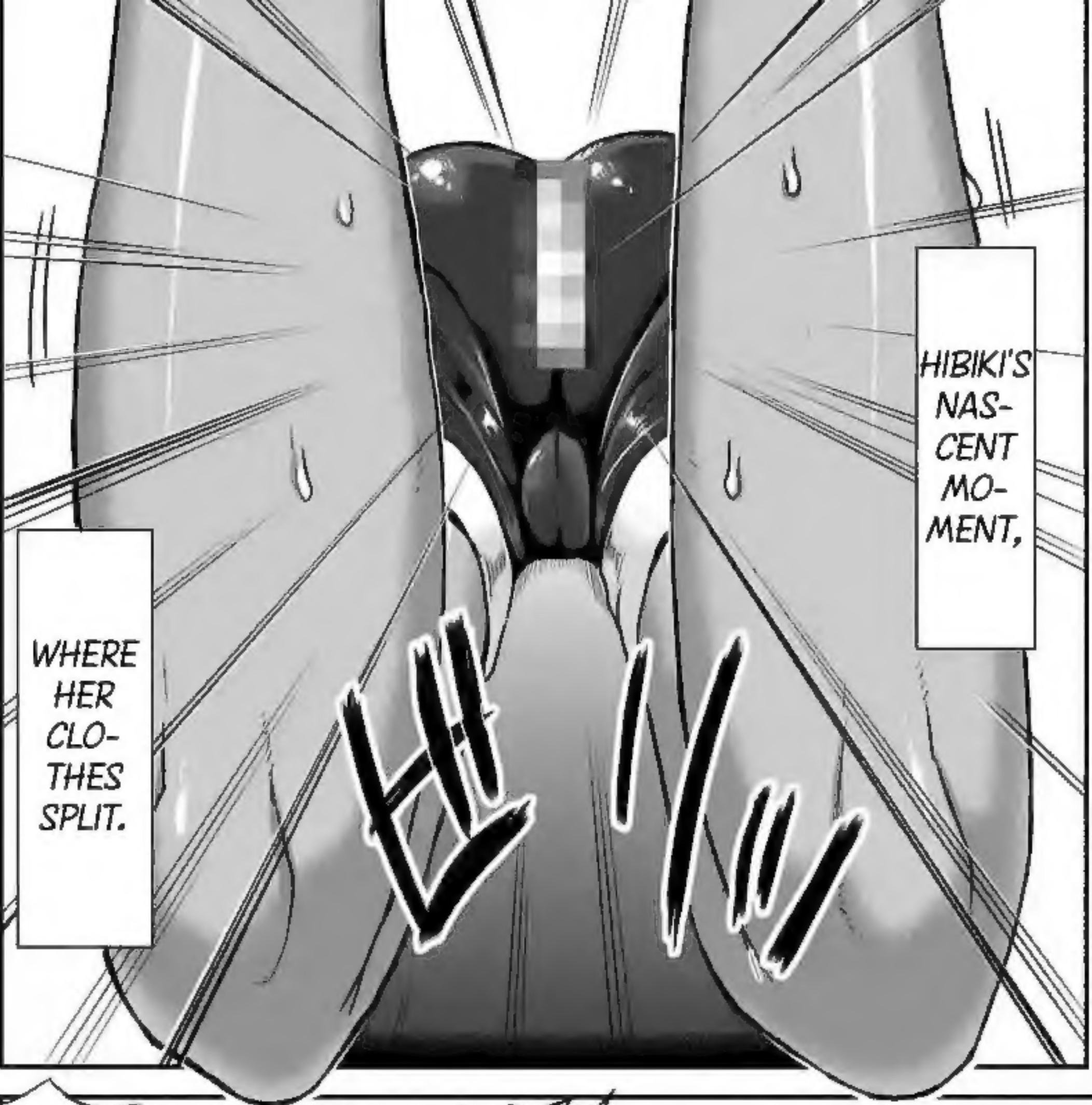
IF YOU  
TRAIN YOUR  
HAMSTRING,  
THE EFFECTS  
WILL ALSO  
SHOW IN  
YOUR WAIST.

GETTING  
YOUR IDEAL  
PHYSIQUE  
AND GETTING  
FASTER IS  
TRULY  
"TWO BIRDS  
WITH ONE  
STONE!"









# FINAL BLOW

